



Time	MON - 16			TUES - 17			WED - 18			THU - 19			FRI - 20			SAT - 21		
6:00				Kaakela	6:15	Breakfast												
6:30					6:45		Kaakela	6:45	Breakfast	Kaakela	6:45	Breakfast				Kaakela	7:00	Breakfast
7:00																	7:30	
7:30							Arena	7:30	Dryland Simulations									
8:00	Kaakela	8:00	Breakfast	Skills Sessions 7:30 - 8:45 - Forwards - Rink A 7:45 - 9:00 - Defence - Rink B									Kaakela	8:00	Breakfast	Arena	7:45	Dryland Simulations
8:30		8:30					Rink B	8:30	Pre-Game Skate	Skills Sessions 8:15 - 9:30 - Defence - Rink B 8:30 - 9:45 - Forwards - Rink A				8:30			8:00	Pre-Game Dryland Session
9:00								9:15								Kaakela	9:00	Lunch
9:30																	9:45	
10:00																		
10:30	Rink B	10:00	Practice	Dressing Room	9:30	Body Composition Testing												
11:00							Scandic Hotel	10:00	Seminar				Scandic Hotel	10:00	Seminar	Scandic Hotel	10:00	Seminar
11:30	Arena	11:15	Dryland Simulations	Kaakela	11:00	Lunch for all involved in goalie skills session		11:00						11:00			11:00	
12:00																		
12:30																		
13:00																		
13:30	Kaakela	12:30	Lunch	Scandic Hotel	11:30	Seminar												
14:00		13:15			12:30													
14:30																		
15:00																		
15:30																		
16:00																		
16:30	Bubble	15:15	Fitness Testing															
17:00																		
17:30		18:00																
18:00																		
18:30	Kaakela	18:30	Dinner		13:45	Lunch for rest of team	Kaakela	13:30	Lunch		13:30			12:30	Pre-Game Skate		12:20	On-ice Warm-up
19:00					14:30	Goalie Skills session Rink B		14:15			13:45			13:15			12:40	
19:30					15:00													
20:00																		
20:30	Scandic Hotel	20:00	Seminar															
21:00		21:00																
21:30	Kaakela	21:15	Snack															
22:00		21:45																
22:30																		
23:00																		
23:30																		